

# Carbon County Senior Citizen

May 2009

## This One Is For Grandmothers!



### This One Is For Grandmothers!

Grandmothers are mothers who are grand,  
Restoring the sense that our most precious things  
Are those that do not change much over time.  
No love of childhood is more sublime,  
Demanding little, giving on demand,  
More inclined than most to grant the wings  
On which we fly off to enchanted lands.  
Though grandmothers must serve as second  
mothers,  
Helping out with young and restless hearts  
Each has all the patience wisdom brings,  
Remembering our passions more than others,  
Soothing us with old and well-honed arts.

**Nicholas Gordon**

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## **Don't Flush**

When it comes time to getting rid of your prescription and over-the-counter drugs, how do you dispose of them? In the past we were advised to flush them down the toilet or the sink. We now know that this practice can be dangerous.

### **Not Down the Toilet or Sink**

Drugs that are flushed down the toilet cannot be removed by the sewage treatment process. This can lead to contamination of surface and ground water. Significant amounts of some drugs with unknown effects in humans have been found in our water. Research has shown that exposure to drugs found in waterways has a serious, negative effect on fish and other aquatic life.

### **Poisoning and Drug Abuse Risk**

Simply tossing unwanted drugs into the trash can also pose a problem. Children or animals may access these drugs which could lead to a serious poisoning. Unused medication can easily be retrieved from the trash by those seeking to abuse the drug or sell it illegally.

### **Disposal Guidelines**

1. Check to see if your local police department has a drug collection program.  
Price City Police will dispose of old prescription drugs for county residents.
2. Check to see if your city has a household hazardous waste program that allows for collection of medications.
3. If there is no collection option: Remove all labels from prescription bottles, mix unused pills with water, vinegar, or wet coffee grounds and liquid medicines with flour. Place the mixture in a sealable plastic bag and put it out in the trash on garbage pick-up day.
4. Don't keep medicines that have expired.

While proper disposal of medicine may be inconvenient, it is important to safeguard ourselves, our loved ones and environment now and for future generations.



**Bowling Senior Fun Day**  
**Every Friday at 1:00pm**

**SCORES**

Dell V. 529-527  
 Henry S. 525-530  
 Ray S. 215-587-521-560  
 Andy O. 557-551

**STRIKE POT**

Garth P. ~ Dell V. ~ Jake L. ~  
 Andrea S. ~ Tonie L. ~  
 May M. ~ Martha A.

**HIGH GAME**

Hill 196 ~ Ray 215 ~ Andy 199 ~  
 Yvonna O. 165 ~ Tonie L. 183 ~  
 Earline J. 173~

**SPLITS**

Mary Lou 5~7  
 Elnora C. 2~7~8  
 Kalie E. 5~7  
 Ray S. 5~7~10  
 Andrea S. 4~5  
 Tom 3~7~10  
 Dora S. 5~8~10



## On Going Daily Activities: Subject to change without notice

<b>Price Center Classes &amp; Activities</b>	<b>Day &amp; Time</b>
<b>Rocky Mountain Blood Pressure</b>	2nd Monday of month 10:00 a.m.
<b>Community Nursing Blood Pressure</b>	4th Monday of month 10:00 a.m.
<b>Billiards</b>	Daily During Business Hrs
<b>Bingo (American Legion Auxiliary)</b>	Monday 6:00 p.m.
<b>Game Day</b>	Tuesday & Thursday 1:00 p.m.
<b>Computer Lab</b>	open every day During Business Hrs
<b>Quilters</b>	2nd Thurs 6 pm & 3rd Thurs 1:30 pm
<b>Exercise Equipment</b>	Daily During Business Hrs
<b>Ceramics</b>	Beginning at 10:00 am Mon– Thurs
<b>Oil Painting</b>	Monday 1:00
<b>Line Dancing</b>	Tuesday & Thursday 9:00 a.m.
<b>Bowling Jensen's Country Lanes</b>	Friday 1:00 p.m.
<b>Lunch</b>	Daily 12:00 p.m.
<b>Music by The Melody Five</b>	Wed 11:30 a.m.
<b>Music by The Four Tune O's</b>	1st & 3rd Tuesday 11:30 a.m.
<b>Organ Lessons</b>	Thurs weather permitting 11:00 & 1:00pm
<b>Movie(to be announced) call Center</b>	Tues 1:00 p.m.
<b>Shopping</b>	Mon & Thurs 1:00 p.m.
<b>Square Dancing</b>	1st & 3rd Thurs of each month 7:00 pm
<b>Sing along</b>	2nd & 4th Thursday 11:00 a.m.
<b>Carbon County Historical Society</b>	Last Thurs of each Month 6:00 pm
<b>Computer Class</b>	Call Center for Info 636-3202
<b>Bingo</b>	Every Wednesday 1:15 pm
<b>Music by James (Jimmy) Eaquinto</b>	1st & 3rd Thursday of month
<b>On some Mondays "Music by Music of the Heart"</b>	Tom Smith, Tom Berryman, Ed Burnham & Neldon Huff
<b>Yoga</b>	Tues & Thurs at 10:00am
<b>FREE Hearing &amp; Hearing Aid Checks</b>	2nd Friday of Month at 10:30am
<b>Christy Woodhouse (sing)</b>	2nd Friday & 4th Tuesday at 11:00am
<b>Exercise Class</b>	Wednesday & Friday 11:00am
<b>Golf (seasonal)</b>	Tues of each week in the morning
<b>May 25, 2009</b>	<b>Closed for Memorial Day</b>

**On Going Daily Activities: Subject to change without notice**

<b>East Carbon</b>	
<b>Classes &amp; Activities</b>	<b>Day &amp; Time</b>
<b>The Four Tune O's</b>	1st & 3rd Monday 11:30am
<b>Lunch</b>	Daily ( Mon –Fri) 12:30pm
<b>Bingo</b>	Mon, Wed, & Thurs 1:30pm
<b>Cards</b>	Tues & Fri 1:30pm
<b>Blood Pressure</b>	1st & 3rd Weds of month 10:30am
<b>Shopping in Price</b>	Friday 1:30pm
<b>Billiards</b>	Daily During Business Hours
<b>Computer Class</b>	to be announced Call center for more info
<b>Exercise Class</b>	Tues & Thurs 11:30 a.m.
<b>Walking (when weather permits)</b>	Daily 7 a.m.
<b>May 25, 2009</b>	<b>Closed for Memorial Day</b>

## Goodness Has Value

“Politeness and consideration for others is like investing pennies and getting dollars back.”

—Thomas Sowell

# Sudoku

					4			
6	5	9	1	8		7		
	3	4	6				8	
	1	8	4	9	7			5
	7		2		5		9	
4			8	6	3	2	1	
	2				8	9	7	
		7		2	1	5	4	3
			5					

Fill in the blank squares so that each row, each column and each row

3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Use the answers page if you really get stuck.

# Sudoku Answers

1	8	2	7	3	4	6	5	9
6	5	9	1	8	2	7	3	4
7	3	4	6	5	9	1	8	2
2	1	8	4	9	7	3	6	5
3	7	6	2	1	5	4	9	8
4	9	5	8	6	3	2	1	7
5	2	1	3	4	8	9	7	6
8	6	7	9	2	1	5	4	3
9	4	3	5	7	6	8	2	1

## Enjoy Small Pleasures

“Little things seem nothing, but they give peace, like those meadow flowers which individually seem odorless but all together perfume the air.”

—George Bernanos

# Yard Sale

**May 16, 2009**

8:00a.m. to 2:00 p.m.

Carbon County Senior Center

30 East 200 South, Price

If you have anything to  
donate to the center please bring it in.

Call for more info 636-3202

Homemade Crafts ~ Baked Goods

Yard Sale Items ~

Chili & Bread Stix \$3.00 ~

All Proceeds go to services  
& activities at the center





Jensen's Country Lanes

Senior Fun Day

Every Friday at 1:00pm

## STRIKE POT

Tom B. \* Garth P. \* Evelyn P. \* Martha A.

## HIGH GAME

Doug H. 226 \* Ray S. 210 \* Tom B. 209 \* Andrea S. 196

\* Tonie L. 153 \* Yvonna O. 177

## SCORES

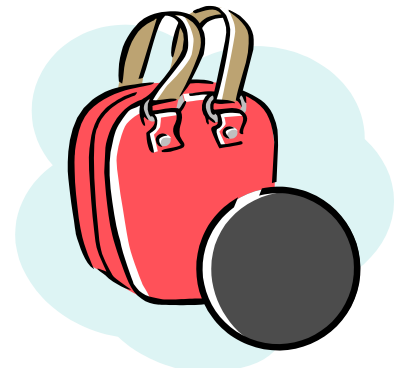
Doug H. 226\*595\*223\*540\*226\*585

Ray S. 212\*570\*210\*204\*584\*558

Henry S. 508\*203\*524

Bill M. 512

Tom B. 209\*502



## **How Your Poison Center Helps You**

In the United States, poison centers provide immediate treatment advice for poison emergencies. They also provide information about poisons and poison prevention, 24 hours a day, 7 days a week.

Poisons can hurt you - or even kill you if you eat them, breathe them, or get them in your eyes or on your skin. The poison center can help you with questions about:

- \* Household products
- \* Chemicals at work or in the environment
- \* Drugs (prescription, over-the-counter, herbal, illegal, or animal medicines)
- \* Snake bites, spider bites, scorpion stings.

For life-saving treatment advice about any kind of poison, call 1-800-222-1222. A specially trained nurse, pharmacist or doctor at your poison center will help. All services are free and confidential.

Poison center services are available for people with hearing problems and for non-English speakers.

When health care providers need information about treating poisonings, they also call their local poison center.

## **We Help People of All Ages— in All Types of Situations**

When Children get into household products, poison center experts are just one call away.

Poison centers help seniors and people of all ages when they take too much or the wrong medicine.

Poison centers give advice about preventing and treating chemical exposures on the job.

### **You Can Prevent Poisonings at Home**

Products and medicines can hurt you if they are used the wrong way, in the wrong amount, or by the wrong person.

#### **Kitchen:**

Oven Cleaner, Drain Opener, Alcoholic Beverages, Furniture Polish

#### **Bedroom:**

Medicines

#### **Bath:**

Toilet Bowl Cleaner, Hair Relaxer, Perm Solutions, Nail products, Mouthwash

#### **Garage:**

Pesticides, Rust Remover, Gasoline, Kerosene, Paint Thinner, Lighter Fluid, Lamp Oil, Antifreeze, Windshield Washer Fluid

#### **Yard:**

Wild Mushrooms

**Have a question? All questions about poisons are smart questions.**

**Ask FIRST to prevent a poisoning! 1-800-222-1222**

## Poison Prevention Tips

### Store Poisons Safely

- \* Store medicines and household products locked up, where children cannot see or reach them.
- \* Store poisons in their original containers.
- \* Use child-resistant packaging. But remember-nothing is child-proof!

### Use Poisons Safely

- \* Read the label. Follow the directions on medicines and products.
- \* Are children around? Take the product or medicine with you to answer the door or the phone.
- \* Lock products and medicines up after using them.
- \* Is it medicine? Call it medicine, not candy.
- \* Children learn by imitation. Take your medicines where children can't watch.

### Teach Children to Ask First

- \* Poisons can look like food or drink. Teach children to ask an adult before eating or drinking anything.

For more tips, log on to [www.1-800-222-1222.info](http://www.1-800-222-1222.info)



**If you think someone has been  
poisoned, call your poison  
center right away  
1800-222-1222**



Dance or Listen

to

Music of the Heart

May 8, 2009

7:00pm to 9:00pm

Price Senior Citizen Center

30 East 200 South

Donations Suggested

Contact:

Annette 650-0049/ 637-0161

# AARP Connect to Serve

Each year Utah AARP attempts to identify areas throughout the state where they can assist local entities with projects that will be of benefit to the communities. Because so much discussion has been with hunger and poverty within the state, this year Utah AARP is devoting its resources to help food banks in their areas. Nationally, AARP holds what is known as a "Day of Service" where members can spend a particular day in performing service to cities in hopes of bettering the style of living. The national "Day of Service" will be held later in the year so they will be able to tie-in with other groups and have greater resources available. In Utah, AARP still wants to conduct its service day in the spring wherever possible. Utah AARP has changed its Day of Service in the spring to a "*Connect to Serve Day*" and set aside Thursday, May 14 as the day it will assist local food banks throughout the state.

AARP is calling upon the Carbon County Senior Citizen Center and Carbon High School to assist with two projects identified by the local Food Bank director that will be of great help to them. Project #1 will be to help sort the 8,000 pounds of food that was recently gathered by the Boy Scouts. Project #2 will be "sprucing" up the grounds around their building. The plan is to have a group work in the morning from 9:00-Noon and another group work 1:30 to 4:30.

Those of you that would like to assist in these worthwhile projects on Thursday, May 14, please contact the Senior Citizen Center at 636-3202.



## TRIPS

Moab June 26-27, 2009 ~

Double occ. \$360.00 Single \$400.00

Payson Salmon Supper August 7, 2009 \$28.00

Tuacahn (St. George) September 11, 2009 show is "Annie"  
~ Double occ. \$125.00 Single occ \$165.00

October 5-11, 2009 San Francisco ~

( for more info please call the center 636-3202)

Dear Seniors,

May is here! There is a lot going on at the center. First, we have the Spring Dance. Music of the Heart will be playing for us once again. They have been working very hard, learning new songs and rehearsing ones we are all familiar with. The dance will be Friday May 8th from 7p.m. till 9p.m. As with our other dances there will be senior bus service and refreshments. If you haven't had the opportunity to attend any of our prior three dances I urge you to attend. It's fun and there are great folks to socialize with. It is a great time to visit with friends and enjoy some pleasant music.

Next, we have our yard sale coming up on Saturday the 16th of May. As usual we have had a tremendous response to our request for donations. It will be fun and interesting to see what has been donated. I have spent a few dollars at all of our previous yard sales. You never know what treasure you will find. As with years past we will be selling chili and a breadstick so make sure you bring your appetite with you. We will also have a table with new items for sale.

Finally, I just want to mention our new packaging for Mobile Meals. For many of us change is difficult, but I believe this change will be a great benefit to you. Our new containers went out on April 20th. I feel like they have been a huge success. The new containers are not only biodegradable but they are both oven and microwave safe. Instructions went out to our Mobile Meal clients but please feel free to call the center if you have any questions or comments regarding the new containers.

I want to remind you that I am still looking for participants and volunteers for a "Friendly Caller Program." If you would like to receive a weekly telephone call from our Friendly Caller Program or if you would like to volunteer as a caller please call Linda at 636-3200 ext. 686. What is the Friendly Caller Program? It is just a means to make contact with seniors that are alone and would like a call from someone to say hello.

You should have noticed we are planning some trips in the upcoming months. First, in June we have a trip planned for Moab. In August we are looking forward to the Payson Salmon Supper. For September we are planning to a trip to Taucahn Theater in St. George. October is the San Francisco, Wine Country, Redwoods & More trip. I encourage you to sign up early for the upcoming trips.

God bless each of you!

Debby

### **Thoughts to consider:**

You can work miracles by having faith in others. To inspire the best in people, choose to think and believe the best about them. — Bob Moawad

When you come to the edge of all the light you have, you must take a step into the darkness of the unknown, believe that one of two things will happen. Either there will be something solid for you to stand on — or you will be taught how to fly.

# Seniors Wanted

Join us in a

## Walk to Hawaii

**May 11. 2009**

**THERE IS NO DEADLINE TO JOIN OR GET TO HAWAII**

**The Carbon County Senior Centers are encouraging Seniors to walk.**

Walking is an exercise that can be accomplished by almost anyone.

The Center will provide you with a pedometer and a chart to keep track of your steps. The chart will need to be turned in on a regular basis. When we reach Hawaii we will have a Luau, with prizes for certain accomplishments. You will also be given a sheet of tips/ suggestions to make sure you walk in a safe and healthy manner. We want to see how many days it will take us to walk to Hawaii.

Once we get there we will have to walk back!

I encourage you to find a friend to walk with but that isn't necessary.

How many miles is it to Hawaii 3301.



Our Goals:

Get some exercise.

Have fun.

Earn a Luau.